

SUPERB RECIPES FROM FAMOUS RESTAURANTS



about RECIPES FROM THE RESTAURANTS...

Glamorous restaurants and hotels have let us in on the secrets of their most famous dishes. You don't have to travel the world to enjoy them—you can now make these special recipes in your own kitchen.

Ellen Sinclair

Pictured on this card is the
Summit Restaurant, Sydney.

*Ellen Sinclair, Food Editor
Australian Women's Weekly*

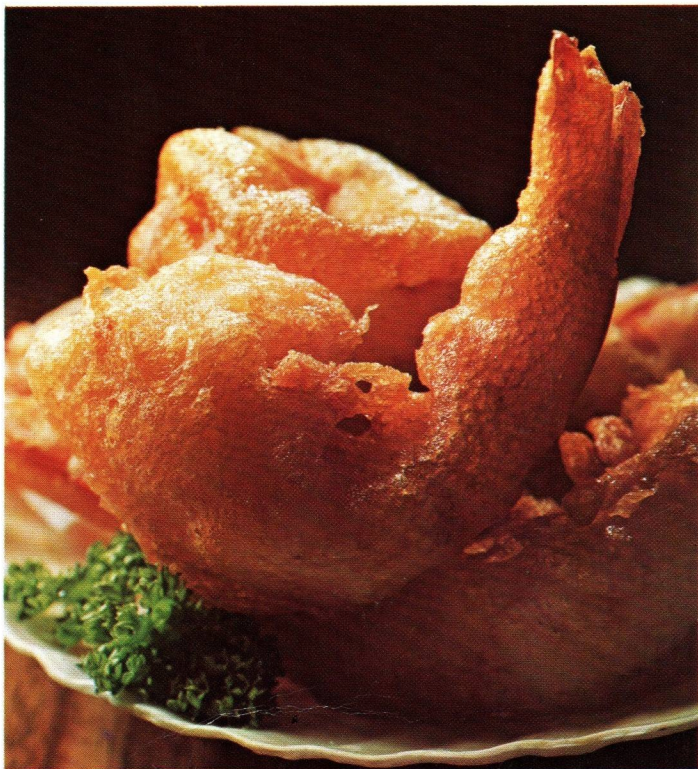
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Many of the dishes in this section will become the hit of your most important dinner parties; some you will want to make often for family meals.

For this section we've selected recipes from many of Australia's best-known and most popular restaurants, together with a selection of recipes from hotels in the near-East around us, whose cuisine is most suited to Australian tastes.

Photography by Garry Isaacs

PRAWNS WITH SAUCE BALZAC



PRAWNS WITH SAUCE BALZAC

The Two Faces Restaurant, South Yarra, is one of Victoria's, and probably one of Australia's, most popular small restaurants, the food is superb. The thin batter which coats the prawns in this recipe is light and crisp; the Sauce Balzac a perfect accompaniment.

750 g (1½ lb.) green king

prawns

1 cup plain flour

2 tablespoons oil

¼ cup dry white wine

⅔ cup beer

salt

3 egg-whites

oil for deep-frying

Shell prawns, leaving tails intact; remove back vein. Sift flour and salt into bowl, add oil and wine, beat well until batter is smooth. Gently stir in beer.

Beat egg-whites until soft peaks form, gently fold into batter. Dry prawns, dip into batter, drain off excess batter; deep-fry gently in hot oil until batter is golden and prawns are cooked. Serve garnished with lemon wedges; serve sauce separately.

SAUCE BALZAC

¾ cup mayonnaise

⅓ cup tomato sauce

¼ cup brandy

few drops tabasco

pinch curry powder

Combine all ingredients, mix well.

MOUSSE A L'ORANGE



La Causerie, in Potts Point, Sydney, presents creative French cooking at its very best. In the French way, the freshness of ingredients used is of prime importance, and great use is made of seasonal foods, with concentration on flavor. Desserts are light and delicious; souffles and mousses—like the recipe given here—are ever popular.

6 eggs, separated
½ cup sugar
2 tablespoons grand marnier
or curacao
2 teaspoons grated lemon
rind
2 teaspoons grated orange
rind

¼ cup lemon juice
½ cup orange juice
2 teaspoons gelatine
½ cup cream
pinch of cream of tartar

Put egg-whites into bowl, put into refrigerator to chill. Combine egg-yolks in bowl with sugar, beat until thick and creamy, fold in grand marnier.

Combine rinds and juices of lemons and oranges in pan with gelatine. Stir over low heat until gelatine has dissolved, remove from heat, allow to cool. Combine cooled gelatine mixture with egg mixture; mix well.

Whip cream until soft peaks form, gently fold into egg mixture. Remove egg-whites from refrigerator, beat with cream of tartar until firm peaks form, gently fold into egg mixture until evenly combined. Spoon mixture into serving dish or individual serving dishes. Refrigerate until set.

Top with whipped cream, decorate with halved orange slices which have been dipped into grand marnier then castor sugar.

Serves 4.

CAVIAR TART



CAVIAR TART

Fanny's Restaurant in Melbourne is one of the most popular restaurants in that city, with food superbly cooked, superbly presented. This Caviar Tart, an unusual first course, is an imaginative creation.

8 hard-boiled eggs

185 g (6 oz.) butter

1 cup sour cream

1 small onion

250 g (8 oz.) black caviar

finely-chopped parsley

radishes

Put eggs through blender for few seconds or push through fine sieve. Add melted butter, mix well. Grease sides of 20 cm (8 in.) pie dish, line bottom of dish with ungreased greaseproof paper, (this will make it easier to lift tart out of plate).

Press egg mixture into pie dish, spoon over 1 cm (½ in.) layer of sour cream to cover top of pie. Sprinkle with peeled and finely-chopped onion. Cover, freeze for 1 hour.

Remove from freezer, turn on to serving plate, sour cream-side down. Spread completely with caviar, refrigerate until cold. Before serving, decorate with finely-chopped parsley and thinly-sliced radish rings.

COUPE CRISTEL



From Theo's Restaurant in Surfers Paradise, Queensland, which has built an enviable reputation for fine food. This dramatic dessert is arranged in champagne glasses, then baked in the oven! (The wooden board acts as insulation.)

1 layer of sponge cake
vanilla icecream
any fresh fruit or canned
fruit
kirsch

4 egg-whites
 $\frac{2}{3}$ cup castor sugar
6 chocolate discs or
liqueur beans
icing sugar

Put small slices of sponge cake in six champagne glasses; top with scoops of icecream. Arrange any selection of fruits round icecream, sprinkle with kirsch.

Beat egg-whites until soft peaks form, gradually add sugar, beat until dissolved. Pile meringue into glasses, stand glasses on wooden board such as bread board.

Bake in a hot oven approximately 3 minutes, or until meringue is lightly browned. Dust with sifted icing sugar, top with chocolate disc or liqueur bean.

Note: Chocolate discs or coffee liqueur beans can be purchased from confectionery counters of large stores.

MUSSELS ALLA BEPPI



MUSSELS ALLA BEPPI

Beppi's, one of Sydney's most popular Italian restaurants, has won awards for the excellence of its food and the fine quality wines available from its extensive cellars. Beppi's special way with mussels, given here, is famous with his devoted clientele.

1 kg (2 lb.) whole fish
1.5 litres (6 cups) water
1 large onion
2 sticks celery
2.5 kg (5 lb.) mussels
2 tablespoons oil

2 cloves garlic
2 tablespoons chopped parsley
250 g (8 oz.) ripe tomatoes
 $\frac{3}{4}$ cup dry white wine
salt, pepper

Cut the fish into large pieces, put into a pan with water, peeled and chopped onion, chopped celery, salt and pepper. Cover, bring to boil, reduce heat, simmer gently 30 minutes; allow to become cold. Strain stock through fine sieve and reserve.

Heat oil in large pan, add crushed garlic, parsley, peeled and finely-chopped tomatoes and wine. Stir over low heat until onion is tender. Add fish stock, simmer gently 10 minutes. Bring back to boil; add mussels, which have been well scrubbed and had the beards removed. Cover saucepan, boil until mussels open, approximately 4 to 5 minutes.

Put mussels into large serving bowl, pour the hot stock over. Serve immediately.

Serves 4 to 6.

Note: In place of the whole fish used to make the well-flavored stock in this recipe, fish pieces—such as snapper heads—can be used.

STRAWBERRY MOUSSE



STRAWBERRY MOUSSE

The Wentworth Hotel is one of Sydney's most elegant hotels, and their Garden Court Restaurant a delightful place to dine; the menu is varied, the food excellent. The recipe given here, from the hotel's Executive Chef, is simple, superbly flavored.

2 punnets strawberries

¼ cup water

⅓ cup castor sugar

1¼ cups cream

1 tablespoon gelatine

2 tablespoons grand marnier

Wash and hull strawberries; reserve 6 strawberries for decoration. Place strawberries in blender, add sugar. Blend on medium speed until smooth.

Sprinkle gelatine over cold water, stir until combined. Stand over simmering water until gelatine dissolves. Allow gelatine mixture to become cold but not set. Add gelatine mixture to strawberries, blend on medium speed 1 minute.

Beat cream until soft peaks form, fold into strawberry mixture with grand marnier. Pour into 6 serving glasses. Refrigerate until set. Top each with a swirl of whipped cream and a reserved strawberry.

Serves 6.

PRAWNS ON TOAST



PRAWNS ON TOAST

From the Mandarin Restaurant, Sydney, certainly one of Sydney's most popular Chinese restaurants These Prawns on Toast are served as an entree—they're also an unusual accompaniment to drinks—and are an original creation of the restaurant's imaginative chef.

**500 g (1 lb.) green king
prawns
1 egg
2 tablespoons cornflour
salt, pepper**

**thick slices of bread
1 hard-boiled egg-yolk
1 slice ham
1 shallot or spring onion
oil for deep-frying**

The packaged sliced toast-bread is ideal for this.

Shell prawns, leaving tails intact. Remove back vein. Cut down back, gently flatten out prawns. Combine lightly-beaten egg with cornflour, salt and pepper, add prawns. Mix well to coat completely.

Remove crusts from bread, cut slices in half. Put one prawn, cut side down on each piece of bread, gently flatten prawn on bread with palm of hand. With finger, rub prawn lightly with left-over cornflour mixture (this will help topping adhere.)

Cut egg-yolk into small dice, push on to prawn near tail. Dice ham into 1 cm (½ in.) squares, put one piece of ham in centre of each prawn.

Finely chop shallot, put ¼ teaspoon of shallot at bottom of each prawn, so that there is egg, ham and shallot down centre of each prawn. Heat oil in large pan, gently ease prawn toasts into hot oil; cook only two or three at a time. Cook until bread is golden and prawns are cooked. Drain well.

COCONUT ICECREAM



COCONUT ICECREAM

This recipe is from the Rose Garden Country Resort, Nakorn-pathom, Thailand. Coconut Icecream is a favorite dessert throughout Thailand; the Rose Garden's version is particularly light and lovely.

875 g (1¾ lb.) coconut

250 g (8 oz.) sugar

½ teaspoon salt

12 cups (3 litres) boiling water

Put coconut, sugar and salt into large bowl, pour over boiling water, stir well, let stand for 20 minutes. Strain coconut through fine sieve, then using hands, press out excess liquid from coconut, strain again. Pour coconut liquid into refrigerator trays (the coconut is now discarded), freeze until solid. (Mixture will separate into layers, but reconstitutes perfectly on beating, as below.)

Turn into large bowl of electric mixer, beat on low speed until mixture is mushy and evenly combined. Return to refrigerator trays, freeze again until firm.

Serve plain, or with traditional topping of chopped roasted peanuts. Also delicious to serve as a topping over fresh fruit salad.

PRAWN AND MANGO CURRY



PRAWN AND MANGO CURRY

This recipe is from the beautiful Repulse Bay Hotel, Hong Kong.

1 tablespoon oil, 500 g (1 lb.) pork bones or rashers, 2 large onions, 1 stick celery, 1 large carrot, 2 teaspoons ground ginger, 3 tablespoons curry powder, 2.5 cm (1 in.) piece green ginger, 1 red chilli, 60 g (2 oz.) butter, $\frac{1}{3}$ cup plain flour, 1.5 litres (6 cups) water, 1 cup boiling water, $\frac{1}{2}$ cup coconut, 2 tomatoes, 1 small apple, 1 banana, 1 slice fresh pineapple, 2 tablespoons mango chutney, 1 clove garlic, 1 kg (2 lb.) prawns, 1 small mango (or canned mango slices), salt, pepper.

Heat oil in large frying pan, add pork rashers, cook on both sides until pork is dark golden brown, remove pork from pan. Drain off excess fat from pan, leaving 2 tablespoons fat.

Add peeled and sliced onions, chopped celery and chopped carrot, saute gently until onion is dark golden brown. Add ground ginger, curry powder, peeled and grated green ginger, seeded and finely-chopped chilli, and butter, stir mixture for 2 minutes. Add flour, stir until combined; remove pan from heat, add water.

Return pan to heat, stir until sauce boils and thickens, making sure pan drippings are incorporated into sauce. Pour sauce into large saucepan, add pork rashers, chopped tomatoes, chopped apple, peeled and sliced banana, chopped pineapple, mango chutney, and crushed garlic, stir until combined.

Place boiling water and coconut into bowl, cover, allow to stand 5 minutes. Strain coconut from liquid, pressing coconut to extract all liquid. Add coconut liquid to sauce (discard coconut).

Return pan to heat, stir until sauce boils and thickens, reduce heat, simmer, covered, $1\frac{1}{2}$ hours, stirring occasionally. Remove pork rashers. Push sauce with vegetables through sieve.

Return sauce to pan, bring to boil, season with salt and pepper, simmer uncovered for 5 minutes or until sauce is thick. Shell prawns and remove back vein. Add prawns and peeled and chopped mango to sauce, simmer 3 minutes. **Serves 4.**

Note: Pork rashers can be used at another meal, or for snacks.

SURPRISE AU FRAMBOISE MARIE ANTOINETTE



SURPRISE AU FRAMBOISE MARIE ANTOINETTE

The fame of recipes created in Gaddi's Restaurant, in the Peninsula Hotel, Hong Kong, has spread throughout the world. It is one of the great restaurants, and to dine there is an experience to be treasured, if you are a lover of good food. This dessert, from Gaddi's, is one of our favorites.

**250 g (8 oz.) quick-frozen
raspberries**

**2 tablespoons sugar
ice-cream**

Allow raspberries to thaw, then push through sieve; discard seeds. Mix sugar and raspberry puree together until sugar is dissolved. Divide raspberry mixture evenly between four tall glasses. Top with a scoop of ice-cream, then with the warm Sabayon. Serve immediately.

SABAYON

**2 eggs
1/3 cup sugar**

1/4 cup maraschino

Put eggs, sugar and maraschino in top of double saucepan, beat over simmering water until mixture doubles in bulk and becomes thick and creamy. Remove from heat.

Serves 4.

Note: Any pureed frozen or canned berries — blackberries, loganberries, boysenberries, strawberries — can be used instead of raspberries. If using canned fruit, omit the sugar.

RYE BREAD



RYE BREAD

The San Francisco Grill of the Hilton Hotel, Sydney, has a unique feature; the bread is baked right in the restaurant, and fresh-bread trolleys are brought to each guest, so that a choice can be made. The recipe for one of the breads, given here, makes two beautiful loaves. A sourdough starter is prepared first; once it is made, portion can be used for each fresh day's baking; it will keep in good condition for two weeks.

4¾ cups plain flour, 4 cups rye flour, 2 teasp. salt, 30 g (1 oz.) compressed yeast, 1 tablesp. brown sugar, 3 cups lukewarm water, ¼ cup soughdough (see below), 30 g (1 oz.) caraway seeds, 2 tablesp. oil

Cream yeast with 1 teaspoon of the brown sugar and 1 teaspoon of the plain flour, stir in ½ cup lukewarm water, stand in warm place until mixture starts to bubble (10 to 15 minutes).

Sift flours, salt and remaining brown sugar; return husks in sifter to the flour, stir in the caraway seeds. Make well in centre of dry ingredients. Combine yeast mixture, remaining lukewarm water, sourdough and oil, add to dry ingredients, combine well (it may be necessary to add extra ¼ to ½ cup water).

Turn mixture out on to lightly-floured board and knead until smooth and elastic. Put into lightly-oiled bowl, cover, stand in warm place until dough has doubled in bulk (approx. 30 minutes). Knock dough down, turn out on to lightly-floured board. Divide dough in two, then each half in two again. Knead each piece until smooth and round. Place two rounds side by side into two greased 23 cm x 12 cm (9 in x 5 in) loaf tins. Cover tins, stand in warm place until dough reaches edge of tin (approximately 30 minutes). Brush top of dough with water, bake in hot oven 30 minutes or until cooked. Turn out of tin and cool on wire rack.

SOUR DOUGH

Cream 15 g (½ oz.) compressed yeast with 1 teaspoon sugar, add 1¼ cups lukewarm water. Sift 1½ cups plain flour, add yeast mixture and mix until smooth. Cover, stand unrefrigerated two days before using, then keep refrigerated.

SEAFOOD CHOWDER



SEAFOOD CHOWDER

Doyle's on the Beach, at Watson's Bay, Sydney, is one of Australia's most celebrated seafood restaurants. You can sit in the sunshine, overlooking the water, and enjoy some of the best fish dishes you'll ever taste. No wonder it is so popular — not only with Australians, but with overseas visitors, too.

This is one of the very simple and delicious soups.

2 litres (8 cups) water	½ cup plain flour
500 g (1 lb.) fish fillets	few drops tabasco sauce
500 g (1 lb.) green prawns	⅓ cup tomato paste
250 g (8 oz.) scallops	2 medium potatoes
1 bayleaf	2 medium carrots
2 teaspoons salt	⅔ cup cream
90 g (3 oz.) butter	pepper
1 teaspoon curry powder	2 tablespoons chopped parsley

Shell prawns, reserve prawn shells. Put water, fish fillets, prawn shells, salt and bayleaf into large pan, bring to boil, reduce heat, simmer covered 30 minutes; strain, reserve stock and fish fillets. Heat butter in large pan, add curry powder and flour, stir until combined. Remove pan from heat. Add reserved stock, stir until combined. Return pan to heat, add tomato paste, tabasco sauce, peeled and diced potatoes, and peeled and diced carrots, stir until mixture boils. Reduce heat, simmer gently covered, 30 minutes. Season with pepper.

Add cleaned prawns, cut into pieces, cleaned scallops, cut in half, reserved flaked fish with skin and bones removed, and cream. Simmer a further 5 minutes, uncovered. Add parsley, stir until combined.

Serves 6 to 8.

Note: In place of the fish fillets, snapper head and bones can be used to give beautifully flavored stock for the soup. When stock has been strained, any meat on the fish bones can be added to the soup.

SATE BEEF



SATE BEEF

The Dixon Restaurant, situated in Dixon Street, the heart of Sydney's Chinatown, is one of Australia's most attractive Chinese restaurants. This recipe for Sate Beef is a popular special on their menu.

500 g (1 lb.) fillet steak (in one piece)	1 teaspoon sesame oil
1½ teaspoons soy sauce	1 teaspoon cornflour
pepper	1 tablespoon water
	2 tablespoons oil

Trim all fat and sinew from meat, cut into 5 mm (¼ in.) slices. Gently pound each slice to flatten slightly. Put meat in bowl, add soy sauce, pepper, sesame oil, cornflour, water; mix well. Stand 20 minutes.

Heat oil in large pan, saute meat until brown, separating each piece as it goes into pan; brown on both sides, remove from pan.

SAUCE

1 clove garlic	½ teaspoon sugar
1 medium onion	1 teaspoon curry powder
3 teaspoons bottled sate sauce	salt
1 teaspoon dry sherry	1 tablespoon water
	1 teaspoon soy sauce

Add crushed garlic to pan with peeled and diced onion, saute gently until onion is transparent. Combine sate sauce, sherry, sugar, curry powder, salt, water and soy sauce. Add to onions in pan. Stir until boiling.

Return beef to pan, cook until beef is tender; it should need only about 1 minute's cooking time.

Serves 2, or 4 as part of a Chinese meal.

CANALON DE PAPAYA



CANALON DE PAPAYA

Ayers House, Adelaide, is an outstanding example of beautiful 19th century architecture. Much of it has been restored under the guidance and care of the National Trust. Ayers House Restaurant, in the main house, provides excellent food in a setting of charm and elegance.

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| 2 kg (4 lb.) duck | 2 tablespoons oil |
| 2 green apples | 3 tablespoons plain flour |
| 1 clove garlic | ¼ cup marsala |
| 1 tablespoon lemon juice | ½ cup madeira |
| salt, pepper | ½ cup dry white wine |
| 1 stick celery | 2 cups chicken stock |
| 1 tablespoon chopped parsley | 470 g (15 oz.) can papaya chunks |

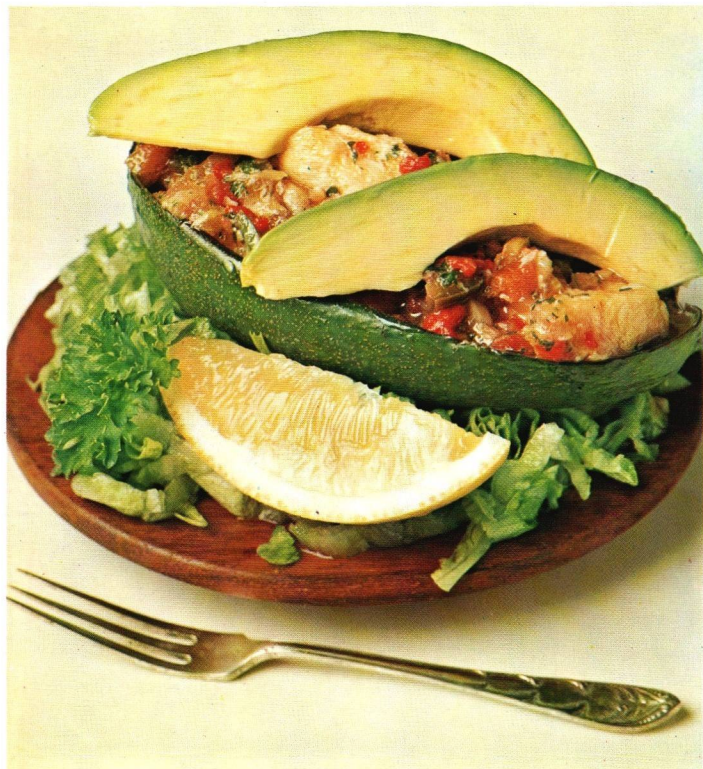
Wash and clean duck; wipe dry. Peel and core apples, cut into small pieces. Place apple pieces, crushed garlic, lemon juice, salt, pepper, chopped celery and parsley into bowl; mix well. Fill duck with this mixture, secure end with skewer. Place into baking dish, pour over oil. Bake in moderate oven 60 minutes.

Remove duck from pan, place into ovenproof dish. Place baking dish on top of stove, stand over heat until drippings in pan become dark golden brown. Pour off half the fat from baking dish, return dish to heat, add flour, stir until golden brown. Remove pan from heat. Add marsala, madeira, white wine and chicken stock, stir until combined. Return pan to heat, stir until sauce boils and thickens, season with salt and pepper. Pour sauce over duck in dish. Cover, bake in moderate oven 1 hour or until duck is very tender. Add drained papaya chunks, return to oven for a further 5 minutes.

Serves 4.

Note: If the canned papaya (or papaw) chunks are not available, fresh papaw chunks can be substituted or, if out of season, omit them from the recipe.

CEVICHE ACAPULQUENO



CEVICHE ACAPULQUENO

This unusual, fresh-tasting version of a raw fish salad makes a delightful entree. The recipe is from the El Castellano Restaurant of Hotel Inter-Continental, Manila. The name of the recipe—'Acapulqueno'—is taken from Acapulco, one of Mexico's most beautiful cities. It is believed the Spaniards, coming from Mexico to the Philippines, introduced avocados to that country for the first time.

1 kg (2 lb.) flounder
1 cup lime or lemon juice
1 medium tomato
1 onion
125 g (4 oz.) can pimientos
¼ cup oil
1 tablespoon white vinegar

¼ cup finely chopped parsley
¼ teaspoon oregano
½ green pepper
½ red pepper
salt
2 avocados

Cut fish into 1 cm (½ in.) cubes. Put into bowl, add lime or lemon juice, cover, marinate for 6 hours, stirring occasionally, or leave overnight in refrigerator. Drain fish, reserve marinade.

Mix fish with peeled, seeded and chopped tomato, peeled and finely-chopped onion, drained and finely-chopped pimientos, oil, vinegar, parsley, oregano and finely chopped red and green peppers. Add salt and, if required, some of reserved marinade.

Mix well, refrigerate for 1 hour. Cut avocados in half, remove seeds.

Carefully remove avocado meat from shell. Spoon fish mixture into avocado shells, garnish with avocado slices. Serve with lettuce, lemon wedges, and parsley.

Serves 4.

MANGO LE MER



MANGO LE MER

Prunier's Chiswick Gardens Restaurant, Woollahra, is one of Sydney's oldest established restaurants and, throughout the years, has maintained a great reputation for high-class food and service. The menu is crammed with tempting items. The entree given here is an original creation.

470 g (15 oz.) can sliced
mango

$\frac{1}{4}$ cup lemon juice

$\frac{1}{2}$ cup sour cream

250 g (8 oz.) prawns

125 g (4 oz.) cooked crab
meat

125 g (4 oz.) cooked lobster
meat

Drain mango slices, chop finely, put in bowl with lemon juice and sour cream, mix gently. Shell and devein prawns, add to mango mixture with diced crab and lobster meat, mix to combine. Spoon into serving dishes, refrigerate until serving time.

Serves 2.

Note: When fresh mangoes are available, substitute 2 medium-sized mangoes for canned mango slices. Peel mangoes, remove centre seed, dice finely.

GINGER BEEF



GINGER BEEF

This recipe comes from the Shang Palace Restaurant in the Shangri-la, one of Singapore's newest and most beautiful hotels, The Shang Palace is one of several restaurants in the hotel, and specialises in superb Chinese food.

**500 g (1 lb.) fillet steak,
in one piece**

2 teaspoons cornflour

2 teaspoons oil

1 teaspoon soy sauce

125 g (4 oz.) piece green ginger

2 tablespoons white vinegar

2 teaspoons sugar

1 teaspoon salt

2 tablespoons oil, extra

1 green pepper

6 shallots or spring onions

1 red chilli

Trim all fat and sinew from meat, slice into 5 mm (¼ in.) slices. Put meat in bowl, combine with cornflour, oil and soy sauce, mix well, marinate 20 minutes. Clean, peel and thinly slice green ginger, combine with vinegar, sugar and salt in bowl, marinate 20 minutes or longer.

Heat extra oil in pan, add meat slices gradually, spreading out in pan. When browned on one side, turn to brown other side; don't overlap slices or meat will not brown well. Cook quickly and only until meat is tender; remove meat from pan.

Add ginger with liquid to pan with chopped pepper and shallots; cook quickly, stirring, 2 to 3 minutes. Return meat to pan, continue cooking further 1 minute, stirring constantly. Serve garnished with thinly sliced chilli.

Serves 4.

VEAL ALLA PARMA



VEAL ALLA PARMA

The Rigoletto, one of Melbourne's famous Italian restaurants, serves fine Italian food to a soft background accompaniment of Italian opera music.

The food is Italian cooking at its best, and the recipe given here - veal, with its unusual spinach accompaniment - is simple, but superb in flavour.

750 g (1½ lb.) veal steaks
flour
salt, pepper
90 g (3 oz.) butter

125 g (4 oz.) ham
¼ cup sweet sherry
2 tablespoons grated
parmesan cheese
1 tablespoon chopped parsley

Pound veal steaks out thinly, cut into 5 cm x 5 cm (2 in x 2 in) pieces. Coat veal in flour seasoned with salt and pepper. Heat butter in pan, add veal, brown quickly on both sides. Sprinkle meat with finely-diced ham, add sherry, sprinkle with parmesan cheese. Cover, reduce heat, cook 2 minutes.

Spoon on to serving plates, scrape pan to get all juices, spoon over meat, sprinkle with parsley. Serve with spinach accompaniment. **Serves 4.**

SPINACH, ROMAN STYLE

1 large bunch spinach
60 g (2 oz.) butter
salt, pepper

1 clove garlic
2 tablespoons sultanas
nutmeg

Wash spinach, remove white stalks, put in pan with water clinging to leaves, cover, cook 5 minutes. Drain off liquid, add butter to pan, season with salt and pepper, add the whole clove of garlic, saute over low heat until spinach is cooked; discard garlic.

Put sultanas in pan, just cover with water, bring to boil, reduce heat, simmer until all liquid has been absorbed. Put spinach on to serving plate, sprinkle with sultanas, sprinkle with nutmeg.

Serves 4.

STIR-FRIED PRAWNS WITH PEPPER SAUCE



STIR-FRIED PRAWNS WITH PEPPER SAUCE

This superb Chinese version of chilli prawns is from the Jade Garden Restaurant in Hong Kong. In a city where Chinese food is at its best, the Jade Garden Restaurant is one of the most popular of the Chinese restaurants.

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| 1 kg (2 lb.) green king prawns | 2 teaspoons soy sauce |
| 2 tablespoons oil | 3 tablespoons tomato sauce |
| 5 cm (2 in.) piece green ginger | ½ teaspoon sugar |
| 1 clove garlic | 2 teaspoons cornflour |
| ½ teaspoon chilli powder | ⅓ cup water |
| 1 teaspoon paprika | 6 shallots |
| 1 tablespoon dry sherry | |

Shell prawns, leaving tails intact; remove back vein. Heat oil in large frying pan or wok, add peeled and thinly-sliced green ginger, crushed garlic, chilli powder and paprika; saute few minutes. Add prawns, saute quickly for 3 minutes, then add sherry, soy sauce, tomato sauce and sugar; stir until combined.

Remove from heat, stir in combined cornflour and water. Return to heat, stir until sauce boils and thickens. Reduce heat, simmer uncovered 1 minute, add chopped shallots, stir further 1 minute or until prawns are cooked. Serve with boiled rice.

Serves 2, or 4 as part of a Chinese meal.

FILET OF BEEF LE CHATEAU



FILET OF BEEF LE CHATEAU

Le Chateau Restaurant in Melbourne is set in elegant surroundings. Their menu range is impressive, and the food is beautifully presented. The recipe given here is an original creation of the Executive Chef at Le Chateau.

750 g (1½ lb.) fillet steak

(in one piece)

30 g (1 oz.) butter

1 onion

2 rashers bacon

1 chicken breast

1 egg

2 tablespoons fresh breadcrumbs

2 tablespoons chopped parsley

salt, pepper

250 g (8 oz.) button mushrooms

½ cup dry red wine

Melt butter in pan, saute peeled and finely-chopped onion and bacon over low heat until golden brown. Cover chicken with water, bring to boil, reduce heat, simmer until cooked, approximately 25 minutes. Drain, remove meat from bones, remove skin, finely chop chicken meat.

Combine chicken, bacon and onion mixture, egg, breadcrumbs, parsley, salt and pepper, mix well.

Cut a pocket in the middle of the fillet with small sharp knife. Cut almost to the edges inside the fillet, be careful not to cut through; make sure the opening of the pocket is as small as possible. Press chicken filling firmly into the pocket.

Put meat in greased baking dish, bake in moderate oven 40 minutes (less for rare meat).

Wash and thinly slice mushrooms, put in pan with meat, stir to mix in pan juices, cook further 10 minutes; pour wine over, bake further 5 minutes.

Slice meat, put on to serving dish, pour over mushroom sauce, serve with saute potatoes and beans.

Serves 4.

SUPREME OF CHICKEN SUMMIT



SUPREME OF CHICKEN SUMMIT

At the Summit Restaurant—Sydney's famous revolving restaurant, where there is a view over Sydney to all points of the compass, this unusual recipe has been a long-established favorite.

4 chicken breasts
flour
salt, pepper
1 egg

¼ cup milk
fresh breadcrumbs
butter for frying

Skin chicken breasts, carefully remove chicken meat from bones, giving 8 individual portions. (The bones can be used for chicken stock for sauce.) Coat breasts in flour seasoned with salt and pepper. Dip into combined beaten egg and milk, coat with breadcrumbs, pat on to firm. Gently pan-fry breasts in butter until golden brown on both sides and cooked through; drain on absorbent paper.

Serve chicken with sauce spooned over.

Serves 4.

SUMMIT SAUCE

2 cups chicken stock
45 g (1½ oz.) butter
⅓ cup flour
125 g (4 oz.) hazelnuts

2 tablespoons brandy
½ cup cream
salt, pepper
2 teaspoons lemon juice

Bring chicken stock to boil. Combine softened butter with flour, add to hot stock; cook, beating well, until sauce boils and thickens. Reduce heat, simmer uncovered 10 to 15 minutes. Put hazelnuts on to baking tray, bake in moderate oven 5 minutes. Put hazelnuts in clean teatowel, rub well between teatowel to remove dark skin. Grind nuts in blender, or chop finely. Add nuts to sauce with brandy, bring back to boil, stir in cream. Season with salt and pepper, add lemon juice.

EMMENTHALER SCHNITZEL



EMMENTHALER SCHNITZEL

The Chesa Restaurant, within the famous Peninsula Hotel in Hong Kong, is an authentically recreated Swiss restaurant, with Swiss chefs preparing traditional Swiss foods. This is an example of Swiss cooking at its very best.

4 veal steaks
60 g (2 oz.) butter

125 g (4 oz.) emmenthaler cheese

Pound veal steaks out until very thin. Heat butter in large frying pan, cook veal until golden brown and cooked through. Put prepared Spatzli on to heatproof serving dish, put veal on Spatzli, then spoon over prepared Mushroom Sauce. Top sauce with thinly-sliced cheese. Put into very hot oven until cheese has melted.

Serves 4.

SPATZLI

2 cups plain flour
½ teaspoon salt
¼ teaspoon nutmeg

4 eggs
½ cup water
15 g (½ oz.) butter

Sift flour, salt and nutmeg into bowl. Make well in centre of dry ingredients, add eggs, mix to a stiff dough. Gradually add water, mix to a smooth batter. Hold colander over large pot of rapidly boiling water. Pour batter into colander. Then push batter through colander with wooden spoon into the boiling water. Boil Spatzli 3 minutes; drain well. Add butter to Spatzli, toss until butter is melted; keep warm.

Mushroom Sauce: Heat 60 g (2 oz.) butter in pan, add 185 g (6 oz.) sliced mushrooms, and 1 small peeled and finely-chopped onion. Saute until onion is tender. Remove from heat, add 1 tablespoon flour, stir until combined; gradually add ¾ cup cream and ½ cup water. Return pan to heat, stir until sauce boils and thickens. Simmer, uncovered, 3 minutes. Season with salt and pepper.

CREPES MANILLE



CREPES MANILLE

From the Manila Hilton, right in the heart of busy, bustling Manila in the Philippines, comes this simple recipe with such delicious flavour.

**30 g (1 oz.) unsalted
cashew nuts
60 g (2 oz.) butter
2 tablespoons sugar
½ cup orange juice
1 teaspoon lemon juice
1 tablespoon cointreau**

**1 tablespoon cognac
or brandy
470 g (15 oz.) can sliced
mangoes
1 tablespoon coconut
4 pancakes (see Card G14)**

Finely chop cashew nuts, place on baking tray, bake in moderate oven 5 minutes or until cashew nuts are golden brown.

Melt butter in frying pan, add sugar, stir until sugar is golden brown, add orange juice and lemon juice, stir until sugar is dissolved. Add cointreau and cognac, set aflame. When flames die, simmer sauce gently 2 minutes, remove pan from heat.

Drain mango slices, cut into small cubes. Divide mango pieces between pancakes, fold each pancake into half, then into quarters. Place into sauce, return pan to heat, simmer 2 minutes or until pancakes are heated through.

Lift out pancakes on to serving plates, carefully spoon sauce over. Sprinkle with cashew nuts and coconut.

Serves 4.

KOFTA CURRY



The Australian Women's Weekly Recipe Card Library

KOFTA CURRY

At the Hotel Bali Beach, at Papaya Beach, Bali, Indonesia, this Kofta Curry forms part of the hot buffet served at lunch. A tempting variety of piping hot dishes is served in impressive copper tureens. Dishes range from tiny Chinese spring rolls and Indian samosas to lasagne, rich pork dishes, rice and spaghetti dishes; it is a truly international buffet, and the view is breath-taking.

500 g (1 lb.) veal steak	salt, pepper
750 g (1½ lb.) chicken pieces	¼ cup flour
1 tablespoon thyme	30 g (1 oz.) butter
1 tablespoon marjoram	3 tablespoons oil
1 clove garlic	½ cup yoghurt
2 eggs	½ cup cream
1 onion	1 cup water

Remove chicken from bones, cut into 2.5 cm (1 in.) cubes, cut veal steak into 2.5 cm (1 in.) cubes. Sprinkle the thyme and marjoram over the meat, allow to stand at least 1 hour.

Put meat through mincer with medium blade attached. Combine with crushed garlic, lightly-beaten eggs, finely-chopped onion, salt and pepper; mix well. Form mixture into small balls, coat with flour. Saute, a few at a time, in the very hot oil and butter, until well browned, remove from pan.

Add prepared curry paste to remaining pan drippings, cook 3 minutes. Add yoghurt and cream.

Return balls to sauce with the water. Bring to the boil, reduce heat and simmer, covered, 35 to 40 minutes, stirring occasionally. Season with salt and pepper. **Serves 4.**

CURRY PASTE

2.5 cm (1 in.) piece ginger, 1 tablespoon cinnamon, 3 cloves garlic, 1 onion, 1 small red pepper, 1 tablespoon water

Combine peeled and chopped ginger, crushed garlic, roughly-chopped pepper, cinnamon, peeled and chopped onion and water in blender. Blend on high speed until of paste consistency.